



# 19. Rennsteig-Staffellauf

Blankenstein bis Hörschel / 24.06.2017

□□□□

Arnstadt läuft

□□□: 14:03:21

□□: 223

□□: 11.95 km/h  
□□□□: 4:59 min/km

□□: 168.90 km

Blankenstein-Hörschel

□□□□□: 46 (of 233)

□□□□□□: 10:53:15

□□□□:

□□□□□: 35(of 150)

Männerstaffel

□□□□□□□: 10:53:15

□□□□

□□□□

□□□

□□□	□□ km	□□ □□	□□ min/km	□□ -	□□ -	□□ □□□	□□ □□□	□□□	□□□	□□□	□□ -	□□ -	□□ □□□	□□ □□□
Grumbach	17.60	1:31:56	5:13	79	24:44	107	24:44	17.60	1:31:56	5:13	79	24:44	107	24:44
Schildwiese	18.58	1:15:44	4:04	8	8:18	14	8:18	36.18	2:47:40	4:38	25	32:44	32	32:44
Neuhaus	13.54	1:14:18	5:29	81	23:46	100	23:46	49.72	4:01:58	4:51	36	51:12	45	51:12
Masserberg	19.86	1:32:49	4:40	17	15:29	31	15:29	69.58	5:34:47	4:48	24	1:06:41	33	1:06:41
Allzunah	17.89	1:40:15	5:36	86	29:42	120	29:42	87.47	7:15:02	4:58	35	1:36:23	48	1:36:23
Grenzdler	19.96	1:32:26	4:37	35	18:38	53	21:41	107.43	8:47:28	4:54	33	1:52:10	44	1:52:10
Neue Ausspanne	13.68	1:12:09	5:16	66	24:28	82	24:28	121.11	9:59:37	4:57	32	2:11:52	44	2:11:52
Kleiner Inselsber	13.90	1:06:30	4:47	27	14:06	35	14:06	135.01	11:06:07	4:56	31	2:25:58	40	2:25:58
Hohe Sonne	18.94	1:46:33	5:37	113	38:16	163	38:16	153.95	12:52:40	5:01	34	2:54:34	46	2:54:34
Hörschel	15.02	1:10:41	4:42	38	17:40	45	17:40	168.90	14:03:21	4:59	35	3:10:06	46	3:10:06